

Cape Cod Lifesaving Competition

EVENTS AND PROCEDURES

1 & 2: Women's and Men's Swim Relay

This is a four person event. The start and finish line will be 15yds from shore. Each competitor will swim clockwise around a buoy 200yds. Off shore (400yds total) and then tag the next competitor. The first swimmer will run 10yds before picking up his/her rescue buoy, which is set up in the sand.

3 & 4: Iron Women and Iron Man

This is a one person event. Each person will run ½ mile clockwise by going around a marker placed ¼ mile away. The competitors will then swim 200 yards by swimming around a marker 100 yards off shore. Finally, the competitor will paddle 400 yards clockwise around a buoy 200 yards from shore. All competitors must carry or drag their boards across the finish line.

5 & 6: Women's and Men's Paddleboard Rescue

This is a two person event (a victim and a rescuer). The rescuer starts on the beach 10 yards from the board, which is the start/finish line (15 yards from the water). On the starting signal, the rescuer launches the board and paddles to the victim 100 yards off shore. The rescuer turns for the victim to get on the board (victim must be on the front of the board). The victim may **NOT assist in turning the board or by paddling**. The rescuer returns to shore with the victim secured in front of him/her. The rescuer dismounts from the board and sprints to the finish line. Victim is to remain with the board to secure it.

7 & 8: Women's and Men's 4x1 Mile Relay

This is a four person event. Each competitor will run clockwise around a marker, which will be placed ½ mile from the starting area. Upon returning, the runner will tag the next runner. The last runner will grab a stick (sneakers are permitted). Participant's listen to pre-event instructions, it is the runner's responsibility to run around the correct turn marker.

9: Co-ed Run Paddle Relay

This is a two person event. The first participants will run ¼ mile and tag the next competitor. This competitor will paddle clockwise around a buoy 200 yards off shore. The paddle must carry or drag the rescue board across the finish line

10: Co-ed Run Swim Relay

This event is a two person event. The first participants will run ¼ mile and tag the next competitor who will swim clockwise around a buoy 100 yards (200 yards total). The swimmer will tag the first competitor, who will complete the event with a 150 yard run to the finish line (sneakers are permitted).

11 & 12: Women's and Men's Paddleboard Relay

This is a two person event. The first paddler will run 10 yards to the board, which is set up 15 yards from the water. Each paddler will paddle around a buoy 200 yards out (400 yards total) and return to shore. The competitor then carries the board up the beach and passes the board to the next paddler on his/her team. No competitor may cross the starting line until the preceding paddler has crossed the line with the tip of the board. The fourth paddler must carry or drag the board completely across the finish line.

13 & 14: Women's and Men's Swim Rescue

This is a two person event (a victim and rescuer). The victim will be 100 yards from shore. The rescuer will be 10 yards from the rescue buoys, which are set up in the sand. The rescue must be made with a rescue buoy. Hook-up and carry in the water can be done in any fashion, the victim may kick but may **NOT** pull or use hands except to hold on. The victim may **NEVER** advance toward the finish line on his/her own. The victim **MUST** be carried or dragged 15 yards to the finish line. If the rescuer falls, the victims **MUST** be carried or dragged 15 yards to the finish line. If the rescuer falls, the victim must stand up immediately with arms outstretched.

15 & 16: Iron Woman and Iron Man Relay

This is a three person event. The first competitor runs one mile, by running around a marker a ½ mile away. The runner then tags the second competitor who then swims clockwise around a buoy 200 yards offshore (400 yards total). The swimmer then returns to shore, runs up the beach and tags the third competitor who then paddles around a buoy 300 yards (600 yards total). The paddler returns to shore and crosses the finish line with his/her board.

Fun Event: Men and Women's Sticks (no points)

One participant from each team.